



Spoke



Conestoga College, Kitchener, Ontario Monday, March 12, 1984

Student charges absurd

A number of Conestoga College students have filed charges against the board of trustees for allegedly mismanaging the college's finances. The charges were filed in the fall of 1983 and are still being processed by the board.

The board of trustees is the governing body of the college. It is responsible for the college's financial and administrative affairs. The board is made up of representatives of the college's faculty, staff, and students.

The charges are being filed by a group of students who are concerned about the college's financial future. They believe that the board has been mismanaging the college's finances and that this has led to a decline in the college's quality of education.



Some like it hot...



Some like it cold.

The first two weeks of March saw the worst snow storm in Conestoga's four year history. It is estimated that over 100,000 pounds of snow fell on the college campus. The snow caused a lot of problems for the college and its students. The snow caused a lot of problems for the college and its students. The snow caused a lot of problems for the college and its students.

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Working college nurses

After an evening of classes at Conestoga and first shifts with some of the staff, the college's nursing students are working on their feet. The college's nursing students are working on their feet. The college's nursing students are working on their feet.

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Spoke stands

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Smile

The college's nursing students are working on their feet. The college's nursing students are working on their feet. The college's nursing students are working on their feet. The college's nursing students are working on their feet. The college's nursing students are working on their feet.



J. Janssen pulls through her lifting workout

No pain - no gain

By William Janssen

"You can do one more!"

"The words came her along as she lifts the bar. Her face displays determination and pain. Her back muscles are flat, and her arms have close gripping force that are the result of months of hard work. The words were meant at her again as she holds the bar in another supporting lift. She knows this is good, but she also knows she has to keep her back in its healthy and strong as a result of it.

For Mark Janssen, however, this is only a small part of her morning workout. She is a bodybuilder who lives by the saying no pain, no gain.

Janssen's work is all over more in the morning, after class in the afternoon. She is a student at Concordia's B.A. in Physical Education. Her workouts are done at Lundy's Gym in Richmond. She arrives every morning at 7:30 to pump her and some weights and then at 11. Each day she works out on a different part of her body doing a set of 1000 reps, and doing the same set again. She then begins working out with a free lift. She has injured her back and done leg curls with one great weight.

Janssen's legs, body builder to get to the point as the trainer, she developed muscles and her goal is to have her body like I've done something," she said.

When she started she was lifting the weight incorrectly but as she bodybuilder in the gym, John Brown, advised her of the proper technique and they are now training properly.

Since then, Janssen's legs have increased in size and she has reached the same size. Her clothes are a size 10. Her legs are thicker and her shoulders are more pronounced.

Some people think that a person should not be an early woman but Janssen knows that isn't.

"I think it is hard to find that a person who is eager to living up to his personal," she said.

The pain barrier is the part of body building that is the hardest, but most important to

achieve in when the body is working for the body is training, but the mind knows it must find that.

"The last word, are the most that come!" said Janssen. She lifts the sensation of the blood rushing to her muscles during these workouts.

She is beginning a reducing diet so that her body will be in peak condition when she enters body building competition in about a year. She said that lifting will allow the muscles to be more powerful and healthy when going. Lifting the weights is painful but for Janssen, the effort is worth it if all she needs.

Be an early bird & Get the worm

March

"SELLOUT SALE"

in the

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Buy anything & enter the draw for 2 free tickets for the Toga Bash*

name

telephone number

NOMINATIONS

FOR

Dons Student Association

PRESIDENT & VICE-PRESIDENT

are now open

Nomination Forms available

in the DSA Admin. Office (upstairs by Lounge)

Nominations will be accepted in the DSA office

until 1pm closing date:

WED. MAR. 14.

Phone Sweet Home

W I N N E R S

Dave Montgomery
Georgian College
Barrie, Ont.

Doug Watson Jr.
Malaspina College
Cobbie Hill, B.C.

Hans Markk
Ryerson College
Toronto, Ont.

Competitions to the Ford Service II winners in the Long Distance "Phone Sweet Home" Contest. We wish them many years of great driving. And to the other students who participated - our thanks. It was good to hear from all of you. And remember, there are other people who live in touch with you - back home. So "Phone Sweet Home" regularly! Good luck in your exams, and have a super Summer.

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All The Lanc

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The best on
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From the and her
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Light show
and
Favorite Songs

OFS-O speaker

Will stand as just a candidate in '84? The young the Ontario Federation of Students-Canada has tried to increase college support for the predominantly university member organizations and has won a Conestoga College, New campus.

At the request of Jacqueline Matthews, 2004, president of the Students' Student Association, was on hand at the March 10 OSA board of directors meeting to read and sell OFS-O but simply to provide information and answer questions.

Kelly explained that colleges could join the Ontario College Community (OCC) a division of OFS-O and still have limited access to a full time membership and the Canadian Programming Service and the International resource services (Inclusus).

Kelly stated that many colleges he had requested to join. However, he stated that from OFS-O to handle problems effectively and efficiently by "either" than on learning the subject.

The only responsibility the member colleges have to OFS-O, once they're joined, is the payment of their membership fees. To join OFS-O is \$100 per year. A college may join only \$500 at 10 cents per student.

Seven of the 23 Ontario colleges are members.

Kelly said that the colleges would have a lot of power within the OFS-O. Kelly's approval on reports that of students (the And he said students have power within the college.

The college structure has been badly hurt by the OSA, he said. "The student council, the faculty, the support staff, and the administration staff."

Which the largest 100 colleges in 10 years, he said.

Student protest

(from page 1)

the OSA Council was going to be there and they could make the public aware of the OSA too through the local media.

Math said, we don't know what the students are looking for from us," said Math said. We understood they want to have the student on the inside at the local level of governance meeting and we're trying to bridge that.

Nevertheless, Matthews expressed surprise that Conestoga would be taking OSA to the OSA to give the students the representative function.

Carroll-Campbell said that working with them. Math and dealing with members of social sciences OSA. But they are not present, we are stuck.

"In response to member of the OSA has also given us all the help. I get the impression that they're there, in an unorganized manner, in that they and the OSA. We hope we can get them to help this time."

The local board of directors meeting is scheduled for March 16 at the Conestoga campus.

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"OPEN" CO-ED VOLLEYBALL NIGHT

Wed, Mar. 14-7:00-10:00 p.m.

At The Conestoga Centre ..

NO SIGN-UP REQUIRED! JUST SHOW UP AND WE'LL MAKE UP TEAMS FOR A SUN-FILLED NIGHT. ALL STUDENTS, FACULTY AND STAFF WELCOME! COME OUT & HAVE SOME FUN AND PLAY SOME RECREATIONAL VOLLEYBALL. EVEN MEET A FEW NEW FRIENDS, OR JOIN UP WITH SOME OF YOUR CLASSMATES. GET INVOLVED!

FOR MORE INFORMATION CONTACT:

JACQUELINE MATTHEWS 650-2612
OR BARR MCGAULLEY 654-2511 - 3895



"SUMMER EMPLOYMENT" '84

A variety of recreation/sports programs for youth will be offered this summer at the Conestoga Recreation Centre.

Several employment opportunities are available for individuals who have previous experience working with youth, either in a day camp/playground setting or as a coach/teacher/instructor, working in a sports environment.

Further information and/or summer application forms can be obtained at the Conestoga Recreation Centre Monday to Friday 9:00 a.m. to 5:00 p.m.

NOTE: (1) THE DEADLINE FOR APPLICATIONS IS MARCH 16, 1984.

(2) This employment notice is also being announced to the public command.

TOGA BASH

MARCH 15

8pm - 1am
Conestoga Club
& Auditorium
Windsor

Tickets at the
Admission office
\$4 with Toga
\$5 without



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